

- » 2 oz linguine noodles, cooked according to package directions without salt or fat
- » Nonstick vegetable cooking spray
- » 1 1/2 tsp olive oil
- » 1 clove garlic, minced
- » 2 tbsp celery, chopped
- » 1/4 cup zucchini, thinly sliced
- » 1 tbsp water
- » Pinch of marjoram
- » Pinch of salt
- » Pinch of pepper
- » Pinch of sugar
- » 1/2 (14 1/2-oz) can stewed tomatoes, sliced
- » 1 tbsp tomato paste
- » 1/2 (10-oz) can whole baby clams
- » 2 tbsp Parmesan cheese

Nutritional Content

Per Serving

Calories	474 cal	Cholesterol	70mg
Protein	28g	Sodium	1363mg
Carbohydrate	53g	Calories from Fat	26%
Fat	14g	Fiber	6g
Saturated Fat	4g		

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil and minced garlic. Sauté 2 minutes. Add celery and zucchini. Cook 2 to 3 minutes and add water. Cover and cook 2 minutes or until vegetables are tender. Add marjoram, salt, pepper, sugar, stewed tomatoes, and tomato paste. Mix well. Add baby clams and reduce heat. Simmer for 5 minutes. Serve over hot linguine noodles and top with Parmesan cheese. Serves 1.

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